

Scientific Temperance

MONTHLY ADVICES.

A Monthly Publication issued by the National and International Department of Scientific Temperance Instruction of the Woman's Christian Temperance Union.

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A SCHEDULE

OF

Courses of Study in Physiology and Hygiene, with special reference to the Nature and Effects of Alcoholic Drinks and other Narcotics.

FOR GRADED AND UNGRADED SCHOOLS; WITH LISTS OF THE APPROVED AND ENDORSED TEMPERANCE PHYSIOLOGIES ARRANGED IN SERIES ADAPTED TO SCHOOLS HAVING A VARYING NUMBER OF YEARS BELOW THE HIGH SCHOOL.

The plan herein outlined provides for three lessons per week for fourteen weeks of each school year, after which the subject may be dropped for the remainder of the year, to be taken up with a more advanced treatment for the same length of time the following year. These courses, with well graded text-books that contain the truths the law requires taught, will, if faithfully pursued, with oral or written reviews, cover the subject, and will not unduly crowd other studies.

GRADED SCHOOLS.

COURSE A.

For graded schools having *eight* years below the high school.
(Pathfinder Series of text-books.)

FIRST YEAR. }
SECOND YEAR. }
THIRD YEAR. }

FOURTH YEAR.

FIFTH YEAR.

SIXTH YEAR.

SEVENTH YEAR.

EIGHTH YEAR.

HIGH SCHOOL YEAR.

NOTE.—In schools having *seven* years below the high school, more time per year should be given to the study, so as to complete "Lessons in Hygiene" during the seventh year. If there are only *six* years below the high school, enough time should be given to complete "Young People's Physiology" during the fifth year, as well as "Lessons in Hygiene" during the sixth year.

"Child's Health Primer," in hands of teacher for oral instruction. Lessons three times per week. Facts adapted to each year to be culled from text-book.

"Child's Health Primer," in hands of pupils. Recitations three times per week until the book is completed.

"Young People's Physiology," in hands of pupils. Recitations three times per week until first half of book is completed.

"Young People's Physiology," in hands of pupils. Recitations three times per week until last half of book is completed, reviewing from beginning.

"Lessons in Hygiene, No. 2 of Appleton Series," in hands of pupils. Recitations three times per week until first half of book is completed.

"Lessons in Hygiene, No. 2 of Appleton Series," in hands of pupils. Recitations three times per week until last half of book is completed, reviewing from first chapter.

"Steele's Hygienic Physiology," in hands of pupils until book is completed.

COURSE B.

For graded schools having *eight* years below the high school.
(Appleton Series of text-books.)

FIRST YEAR. }
SECOND YEAR. }
THIRD YEAR. }

FOURTH YEAR.

FIFTH YEAR.

SIXTH YEAR.

SEVENTH YEAR.

EIGHTH YEAR.

HIGH SCHOOL YEAR.

"Health for Little Folks," in hands of teacher for oral instruction. Lessons three times per week. Facts adapted to each year to be culled from text-book.

"Health for Little Folks," in hands of pupils. Recitations three times per week until book is completed.

"Young People's Physiology," in hands of pupils. Recitations three times per week until first half of book is completed.

"Young People's Physiology," in hands of pupils. Recitations three times per week until last half of book is completed, reviewing from first chapter.

"Lessons in Hygiene," in hands of pupils. Recitations three times per week until first half of book is completed.

"Lessons in Hygiene," in hands of pupils. Recitations three times per week until last half of book is completed.

"Outlines of Anatomy, Physiology, and Hygiene," by Roger S. Tracy, M. D., in hands of pupils until book is completed.

NOTE.—Schools having *seven* years below the high school can complete "Lessons in Hygiene" during the seventh year. Those having six years below the high school can, in addition, complete "Young People's Physiology" during the sixth year.

COURSE C.

For graded schools having *seven* years below the high school.

(Union Series of text-books.)

FIRST YEAR.	{	"Number One" of the Union Series, in hands of teacher for oral instruction. Lessons three times per week. Facts adapted to each year to be culled from text-book.
SECOND YEAR.		
THIRD YEAR.		
FOURTH YEAR.	{	"Number One" of the Union Series, in hands of pupils. Recitations three times per week until book is completed.
FIFTH YEAR.		"Number Two" of the Union Series, in hands of pupils. Recitations three times per week until book is completed.
SIXTH YEAR.		"Number Three" of the Union Series, in hands of pupils. Recitations three times per week until first half of book is completed.
SEVENTH YEAR.		"Number Three" of the Union Series, in hands of pupils. Three recitations per week until last half of book is completed, reviewing from first chapter.

HIGH SCHOOL YEAR.

{ "Steele's Hygienic Physiology," or
"Outlines of Anatomy, Physiology, and Hygiene," by Roger S. Tracy, M.D., or
"The Human Body and the Effect of Narcotics," by H. Newell Martin, M.D. } In hands of pupils until book is completed.

NOTE.—Schools having *six* years below the high school can complete "Number Three" of the Union Series during the sixth year

COURSE D.

For graded schools having *six* years below the high school.

(Eclectic Series of text-books.)

FIRST YEAR.	{	"House I Live In," in hands of teacher for oral instruction. Recitations three times per week. Facts adapted to each grade to be culled from text-book.
SECOND YEAR.		
THIRD YEAR.		
FOURTH YEAR.	{	"House I Live In," in hands of pupils. Recitations three times per week until book is completed.
FIFTH YEAR.		"Youth's Temperance Manual," in hands of pupils. Recitations three times per week until first half of book is completed.
SIXTH YEAR.		"Youth's Temperance Manual," in hands of pupils. Recitations three times per week until last half of book is completed.
HIGH SCHOOL YEAR.		"Eclectic Guide to Health," in hands of pupils until book is completed.

COURSE E.

For graded schools having *eight* years below the high school.

(Blaisdell Revised Physiology Series.)

FIRST YEAR.	}	"Physiology for Little Folks," in hands of teacher for oral instruction. Lessons three times per week. Facts drawn from text-book. (Revised Edition of "Child's Book of Health.")
SECOND YEAR.		
THIRD YEAR.		
FOURTH YEAR.		"Physiology for Little Folks," in hands of pupils. Recitations three times per week until book is completed.
FIFTH YEAR.		"Physiology for Boys and Girls," in hands of pupils. Recitations three times per week until first half of book is completed. (Revised Edition of "How to Keep Well.")
SIXTH YEAR.		"Physiology for Boys and Girls," in hands of pupils. Recitations three times per week until last half of book is completed, reviewing from first chapter.
SEVENTH YEAR.		"Young Folks' Physiology," in hands of pupils. Recitations three times per week until first half of book is completed. (Revised Edition of "Our Bodies and How We Live.")
EIGHTH YEAR.		"Young Folks' Physiology," in hands of pupils. Recitations three times per week until last half of book is completed, reviewing from first chapter.
HIGH SCHOOL YEAR.	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> { Steele's "Hygienic Physiology," or Tracy's "Outlines of Anatomy, Physiology, and Hygiene," or Martin's "Human Body and the Effect of Narcotics." </div> <div> } In hands of pupils until book is completed. </div> </div>	

(See last page.)

UNGRADED SCHOOLS.

In an ungraded school, three classes should be formed—one for those who rank as intermediate, and another for primary. All pupils in the school should be divided according to their attainments among these three classes.

Is it necessary to have a separate book for each of the three classes referred to in an ungraded school? *Yes*, emphatically *yes*. All pupils in ungraded schools where there are advanced pupils cannot be taught as the law requires with less than three grades of books. The primary or lower grade pupils need a book they can understand; the next grade should have one a little more advanced; and pupils who correspond to the high-school grade should have a book adapted to their requirements. This study has often been made a ridiculous failure by the attempt in ungraded schools to make one book, and that often a high-school book, fit all pupils.

COURSE A.

For *ungraded* schools, or schools having two, three, or four departments.

(Pathfinder Series of text-books.)

PRIMARY CLASS.
Pupils reading in the Primer, First, Second,
and Third Readers.

"Child's Health Primer," in hands of teacher for oral instruction. Lessons three times per week. Facts culled from text-book.

INTERMEDIATE CLASS.
Pupils reading in Fourth Reader.

"Hygiene for Young People," in hands of pupils. Recitations three times per week until book is completed.

ADVANCED CLASS.
Pupils reading in Fifth Reader and higher books.*

"Lessons in Hygiene," in hands of pupils. Recitations three times per week until book is completed.

COURSE B.

For *ungraded* schools, or schools having two, three, or four departments.

(Appleton Series of text-books.)

PRIMARY CLASS.
Pupils reading in the Primer, First, Second,
and Third Readers.

"Health for Little Folks," in hands of teacher for oral instruction. Lessons three times per week. Facts culled from text-book.

INTERMEDIATE CLASS.
Pupils reading in Fourth Reader.

"Young People's Physiology," in hands of pupils. Recitations three times per week until book is completed, reviewing from first chapter.

ADVANCED CLASS.
Pupils reading in Fifth Reader and higher books.*

"Lessons in Hygiene," in hands of pupils. Recitations three times per week until book is completed.

* See footnote on following page.

COURSE C.

For *ungraded* schools, or schools having two, three, or four departments.
(Union Series of text-books.)

PRIMARY CLASS.

Pupils reading in the Primer, First, Second, and Third Readers.

"Number One" of the Union Series, in hands of teacher for oral instruction. Lessons three times per week. Facts culled from text-book.

INTERMEDIATE CLASS.

Pupils reading in Fourth Reader.

"Number Two" of the Union Series, in hands of pupils. Recitations three times per week until book is completed.

ADVANCED CLASS.

Pupils reading in Fifth Reader and higher books.*

"Number Three" of the Union Series, in hands of pupils. Recitations three times per week until book is completed.

COURSE D.

For *ungraded* schools, or schools having two, three, or four departments.
(Eclectic Series of text-books.)

PRIMARY CLASS.

Pupils reading in the Primer, First, Second, and Third Readers.

"House I Live In," in hands of teacher for oral instruction. Lessons three times per week. Facts culled from text-book.

INTERMEDIATE CLASS.
Pupils reading in Fourth Reader.

"Youth's Temperance Manual," in hands of pupils. Recitations three times per week until book is completed.

ADVANCED CLASS.

Pupils reading in Fifth Reader and higher books.*

"Eclectic Guide to Health," in hands of pupils until book is completed.

COURSE E.

For *ungraded* schools, or schools having two, three, or four departments.
(The Blaisdell Revised Series of text-books.)

PRIMARY CLASS.

Pupils reading in the Primer, First, Second, and Third Readers.

"Physiology for Little Folks," in hands of teacher for oral instruction. Lessons three times per week. Facts culled from text-books.

INTERMEDIATE CLASS.

Pupils reading in Fourth Reader.

"Physiology for Boys and Girls," in hands of pupils. Recitations three times per week until book is completed.

ADVANCED CLASS.

Pupils reading in Fifth Reader and higher books.*

"Young Folks' Physiology," in hands of pupils. Recitations three times per week until book is completed.

*Where there are pupils of high-school grade in ungraded schools, they should have a high-school text-book, either Steele's "Hygienic Physiology," or "Outlines of Anatomy, Physiology, and Hygiene," by Roger S. Tracy, M.D., or "The Human Body and the Effect of Narcotics," by H. Newell Martin, M.D.

REASONS FOR THE ADOPTION OF A COURSE OF STUDY AS OUTLINED.

The reasons to be urged in favor of adopting a definite course of study in this topic, which includes text-books in the hands of all pupils above the primary, are as follows :

1st. Such a course gives the definite time and place to the branch that the law demands.

2d. It points out the grades for which oral instruction is adapted, and those in which instruction should be given from text-books in the hands of pupils.

3d. It specifies the grade for which each book is adapted. The pupil just learning to gain information from a text-book, needs one in which the style and vocabulary are very little in advance of his own. As soon as he gains ability to master a more advanced style and treatment he needs a more advanced book. To keep him longer in the book he has outgrown is to impede his developing faculties. On the other hand, to give him a book too advanced is to discourage him and lead to a distaste for study. Either course is false economy and contrary to all educational principles.

4th. The use of text-books as specified secures the teaching of truth, instead of the notions and traditions of some teacher who has had no special education on this topic.

5th. It will, in nearly all cases, prevent outside topics, such as the legal or political phases of the temperance question, from being brought into the recitation under the guise of Scientific Temperance Instruction, which sometimes gives rise to trouble.

6th. It takes less time from the overcrowded school course than anything like an honest attempt above the primary class to teach the subject orally, which is always liable to cause waste of time through branching out into unimportant collaterals.

LIST OF ENDORSED TEXT-BOOKS, WITH PUBLISHERS AND PRICES.

THE PATHFINDER SERIES.

	<i>Exchange Price.</i>	<i>Introduction Price.</i>
Child's Health Primer, No. 1. For Primary Grades	18 cents	30 cents
Young People's Physiology, No. 2. For Intermediate Grades	30 "	50 "
Lessons in Hygiene, No. 3. Appleton Series. For Advanced Grammar Grades	27 "	45 "
Hygienic Physiology, No. 4. For High Schools	67 "	\$1.00

Published by the AMERICAN BOOK Co., 806-808 Broadway, New York.

APPLETON PHYSIOLOGY SERIES.

	<i>Exchange Price.</i>	<i>Introduction Price.</i>
Health for Little Folks, No. 1. For Primary Grades	18 cents	30 cents
Young People's Physiology, No. 2. For Intermediate Grades	30 "	50 "
Lessons on Hygiene, No. 3. For Advanced Grammar Grades	27 "	45 "
Outlines of Anatomy, Physiology, and Hygiene (by ROGER S. TRACY, M.D., of New York Board of Health), No. 4. For High Schools	60 "	\$1.00

Published by the AMERICAN BOOK Co., 806-808 Broadway, New York.

THE ECLECTIC SERIES.

House I Live In, No. 1. For Primary Grades 18 cents
 Youth's Temperance Manual, No. 2. For Intermediate Grades 24 "
 Eclectic Guide to Health, No. 3. For High Schools 36 "
 Published by the AMERICAN BOOK CO., 806-808 Broadway, New York.

<i>Exchange Price.</i>	<i>Introduction Price.</i>
18 cents	30 cents
24 "	40 "
36 "	60 "

THE UNION SERIES.

Physiology and Health, No. 1. For Primary Grades 18 cents
 Physiology and Health, No. 2. For Intermediate Grades 23 "
 Physiology and Health, No. 3. For Advanced Grammar Grades 37 "
 Published by the AMERICAN BOOK CO., 806-808 Broadway, New York.

<i>Exchange Price.</i>	<i>Introduction Price.</i>
18 cents	24 cents
23 "	30 "
37 "	50 "

THE BLAISDELL REVISED PHYSIOLOGY SERIES.

Physiology for Little Folks, No. 1. For Primary Grades 16 cents
 Physiology for Boys and Girls, No. 2. For Intermediate Grades 23 "
 Young Folks' Physiology, No. 3. For Advanced Grammar Grades 35 "
 Published by LEE & SHEPARD, 10 Milk Street, Boston, Mass.

<i>Exchange Price.</i>	<i>Introduction Price.</i>
16 cents	30 cents
23 "	42 "
35 "	60 "

DULANEY'S STANDARD PHYSIOLOGIES.

Primer of Physiology, No. 1. For Primary Grades 30 cents
 Standard Physiology, No. 2. For Intermediate Grades 50 "
 Published by W. J. C. DULANEY, Baltimore, Md.

THE STOWELL PHYSIOLOGIES.

A Primer of Health 24 cents
 A Healthy Body. For Intermediate Grades 33 "
 Essentials of Health 56 "
 Published by SILVER, BURDETT & Co., Boston, Mass.

<i>Exchange Price.</i>	<i>Introduction Price.</i>
24 cents	36 cents
33 "	60 "
56 "	84 "

Good Health for Children. For Primary Grades.
 Health Lessons for Beginners. For Intermediate Grades.

Published by LEACH, SHEWELL & SANBORN, Boston, Mass.

N.B.—It will be noted that the two Brand books here mentioned are for the Primary and lower Intermediate grades; the one for more advanced grades, entitled Brand's "Lessons on the Human Body," has not been revised and is not an approved book, hence it does not appear on this list.

The Human Body and the Effect of Narcotics, by H. Newell Martin, M.D.,
 Prof. of Biology in Johns Hopkins University. For High Schools \$1.08
 Published by HENRY HOLT & Co., New York.

<i>Exchange Price.</i>	<i>Introduction Price.</i>
85 cents	\$1.08